

# Success Tips

## Keep your agenda up to date

- It is essential to know when work is due and when tests occur.
- Plan out when you will work and schedule your fun activities as well.
- Leave time to get help. Don't start the night before assignments are due.

## Review regularly

- We forget most of what we learn within 24 hours. We can remember much more if we review information at regular intervals.
- Look around you. See physics everywhere. Every time a car accelerates, think of the forces. Light bulbs have electrons jumping energy states giving off light.
- Write notes, vocabulary, or questions on cards and test yourself at the end of class, on the bus, when you get home or before bed. Many short study sessions are more effective than one long session.
- Take breaks while you study. 20 - 40 minutes of studying then a short break is most effective. For a break, read a book or work on another subject.

## Study by working through problems

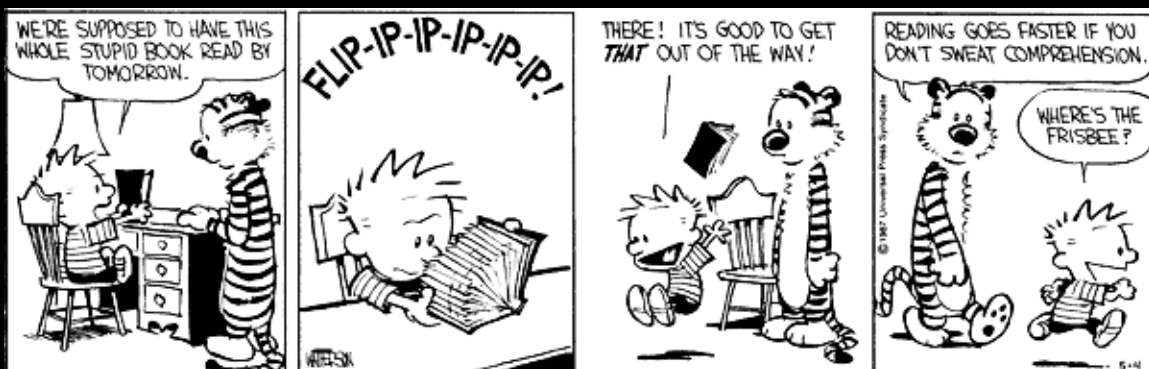
- Problem solving skills are developed by solving problems.
- Check your answers after you work through a problem. If you get stuck on a problem ask for help. Getting frustrated is part of the learning process.

## Read Ahead

- Read the section in the book before class. During the class focus on the sections that you didn't fully understand. Ask questions on those sections.

## Write notes on your reading

- Writing gets you involved with the material. Thinking about what is important and making connections helps you understand and remember. Write out any equations, define variables and include uses and limitations of the equations.



(Watterson, Bill <http://www.ucomics.com/calvinandhobbes/index.phtml>)

### Organize your notes

- Have a one inch binder and divide it into three sections. One section for notes, another for homework and labs and one section for handouts, returned tests, and quizzes. Keep the homework and lab section clearly labeled and in chronological order, as it will be collected for evaluation periodically.

### Be Healthy and Balanced

- Have consistent exercise, sleep, healthy eating and relaxing habits. Relaxing **doesn't** mean sitting in front of the TV or computer, get out and do things. Join a **team** or **club** and get involved in your community. Check out the **Marpole Community Centre** or **YMCA**. Have a successful year!